

**IN THE CLAIMS:**

1. (Currently Amended) An audio pacing device, comprising: a sensing unit to obtain a parameter of a user in physical exercise; a memory to store a plurality of audio signals having predetermined tempo values; and a processing unit configured to (1) determine whether intensity of the parameter of the user should be increased, decreased or maintained by using the parameter of the user from the sensing unit and a predetermined reference value, and (2) select an audio signal having a tempo that enables the user to increase, decrease or maintain the intensity, the processing unit being further configured to adjust the tempo of a selected audio signal up to a predetermined percentage of the predetermined tempo value.
2. (Previously Presented) The audio pacing device as claimed in claim 1, wherein the parameter is a pulse rate.
3. (Previously Presented) The audio pacing device as claimed in claim 1, wherein the parameter is a step-speed rate.
4. (Previously Presented) The audio pacing device as claimed in claim 1, wherein the tempo is a beat per minute value.
5. (Previously Presented) The audio pacing device as claimed in claim 2, wherein the sensing unit is a heart rate monitor.
6. (Previously Presented) The audio pacing device as claimed in claim 3, wherein the sensing unit is a step-speed measurement unit.
7. (Previously Presented) The audio pacing device as claimed in claim 1, wherein the sensing unit and the processing unit are connected in a wired or wireless way.
8. (Cancelled)

9. (Previously Presented) The audio pacing device as claimed in claim 1, wherein the predetermined reference value includes reference values selected by a user or a programmed exercise routine.

10. (Previously Presented) The audio pacing device as claimed in claim 1, wherein the audio signals are categorized based on their tempo value.

11. (Previously Presented) The audio pacing device as claimed in claim 1, wherein the predetermined tempo values of the plurality of audio signals are determined either by the audio pacing device, or by an external device and transferred to the audio rate pacing device.

12. (Previously Presented) The audio pacing device as claimed in claim 1, wherein the audio signals are encoded in an MP3, WAV, MPEG-4, WMA, or AAC format.

13. (Previously Presented) The audio pacing device as claimed in claim 1, further including a switch to enable use of the audio pacing device in a first mode having a first sensing unit and a first parameter and a second mode having second sensing unit and a second parameter.

14. (Currently Amended) An audio pacing method, comprising the steps of: receiving a parameter of a user in physical exercise from a sensing unit; determining whether intensity of the parameter of the user should be increased, decreased or maintained by using the parameter of the user from the sensing unit and a predetermined reference value; selecting an audio signal having a tempo that enables the user to increase, decrease or maintain the intensity, further comprising the step of adjusting the tempo of a selected audio signal up to a predetermined percentage of the tempo.

15. (Cancelled)

16. (Previously Presented) The audio pacing method as claimed in claim 14, further comprising the step of a user selecting the said predetermined reference value from a group of reference values or a programmed exercise routine.

17. (Previously Presented) The heart rate audio pacing method as claimed in claim 14, wherein the audio signals are encoded in an MP3, WAV, MPEG-4, WMA, or AAC format.

18. (Previously Presented) The audio pacing method as claimed in claim 14, wherein the parameter is a pulse rate or a step speed rate.

19. (Previously Presented) The audio pacing device as claimed in claim 14, wherein the sensing unit is a heart rate monitor or a step-speed measurement unit.

20. (Currently Amended) An audio pacing device, comprising: a sensing unit to obtain a parameter that is representative of a status of a user in motion; a memory to store a plurality of audio signals having predetermined tempo values; and a processing unit configured to (1) determine whether the parameter should be increased, decreased or maintained by using the parameter from the sensing unit and a predetermined reference value, and (2) select an audio signal having a tempo that enables the user to increase, decrease or maintain the parameter, the processing unit being further configured to adjust the tempo of a selected audio signal up to a predetermined percentage of the predetermined tempo value.